

Careless Use of Soap Spoils the Hair

Soap should be used very carefully. If you want to keep your hair looking its best. Most soaps and prepared shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and ruins it.

The best thing for steady use is just ordinary milled coconut oil which is pure and greaseless, and is better than the most expensive soap or anything else you can use.

One or two tablespoons will cleanse the hair and scalp thoroughly. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which rinses out easily, removing every particle of dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves the scalp soft, and the hair fine and silky, bright, lustrous, fluffy and easy to manage.

You can get milled coconut oil at any pharmacy. It's very cheap, and a few ounces will supply every member of the family for months.

TESTED RECIPES

Tomatoes and Cheese.

Prepare slices of hot toast. Take one cupful of tomato juice. Grate one pound cheese, add to the tomato with salt, a little cayenne pepper and one cupful of bread crumbs. Melt tablespoon butter in omelet pan, add above mixture and stir until cooked and creamy. Pour over toast and serve.

Fig Turnovers.

Make a good pie paste recipe. Roll out the dough and cut into small squares. Have ready one cup finely chopped figs which have been mixed to a smooth paste with two tablespoons lemon juice. Place some of the figs on each square, fold over, press the edges tightly together, and set in a pie pan. Brush the tops with a little cold water and bake in a hot oven until lightly browned.

Currant Meringue Pie.

Line two pie tins with a rich short crust, stick with a fork and bake to a very light brown. When cool, fill with the following:

Beat the whites of three eggs until stiff, and gradually one cup granulated sugar and one pint currants. Spread between and on top of the layers of crust and bake golden brown.

Trainmen on the Central Railway of Georgia get even with farmers who let their cows stray on the track by seizing on, firmly holding and milking them.

GOOD HOUSEKEEPERS WONDER

How they ever got along without Red Cross Ball Blue. This really wonderful blue makes clothes whiter than snow. Get the genuine Red Cross Ball Blue at your grocer—Ady.

THE BOSTON MEAT MARKET

F. E. KNOWLES, Proprietor.

The Leading Market in the City and Still Growing.

We kill our own Cattle and Hogs and they are inspected by the State Inspector before being slaughtered. We handle only the best.

We make our own Sausage and Hamburger. Ground daily. We also make our Bologna and Wienerwurst. We keep a nice assortment of Cold Meats for lunch.

Fresh Boiled Meat at 11 A. M. daily.

Fresh Fish on Fridays.

Watermelons on Ice.

Our goods are right. Our prices are right and we'll treat you right.

122 E. Oklahoma Ave. Phone 684.

Notes and Personals of Society

Lenore Burke. Phone 245.

DAILY THOUGHT.

A word that has been said may sometimes be unsaid—it is but air—but when a deed is done, it cannot be undone, nor can our thoughts reach out to all the mischiefs that may follow. —Longfellow

CALENDAR.

Friday.
High Jinx Club—Miss Lea Hughes.
Saturday.
Old Delta Gamma Club—Miss Louise Hill.

Dr. and Mrs. L. A. Hahn are home from their Colorado trip.

Miss Kate Millman will be here from Oklahoma City to spend Sunday with friends.

Mrs. Gene Gano, Judge T. J. Lowe and Miss Mattie Gano leave Tuesday for their new home in Ardmore.

Mr. and Mrs. Earl Porter and son Phil of Norman are visiting Mr. Porter's parents on West Logan Avenue.

Miss Mary Grace Dodd is visiting friends in Oklahoma.

Miss Ruth Embury of Oklahoma City is visiting Miss Helen Cochran this week. Sunday Miss Ruth Baldwin will arrive from Tulsa to spend the coming week with Miss Ethyle Cochran.

Leisure Hour Club Meet.

Members of the Leisure Hour Club were entertained with a delightful afternoon of needlework and conversation Thursday by Mrs. L. G. Owens of 1562 West Main Avenue. Besides the club members there was one guest, Mrs. Beebe of Enid. The afternoon was concluded with the serving of dainty refreshments and the club adjourned to meet Thursday, Sept. 7th with Mrs. Vernon Haws.

Cambridge Club Begins Travels

Monday, September 18th, the Cambridge club will start on its travels in the Americas. The trip will be personally conducted by Mrs. Will Patterson, who was selected president for the coming year. Other officers are also present. Mrs. Frank Dade, secretary; Mrs. L. J. Stark, treasurer; Mrs. A. H. Brown, critic; Mrs. Harold Welch and Mrs. Edith K. Spurr. The travel studies of the past two years have been very popular and the active membership list is full, the number being limited to twenty-five. The journey will take the club members through Colorado, Arizona, New Mexico, California, up the coast to Alaska, back through the great north-west to the east, then down south to Mexico, Central America and South America. The travels will cover a period of about thirty-six weeks and promise to be as interesting, if not more so, than in the Old.

BRING OUT YOUR HIDDEN BEAUTY

Beneath that soiled, discolored face or aged complexion is one fair to look upon. Mercellized wax will gradually, gently absorb the devitalized surface skin, revealing the youthful, fresh, white and beautiful skin underneath. Used by refined women who prefer complexions of true naturalness. Mercellized wax in one ounce package, with directions for use, is sold by all druggists.

TUNE YOUR PIANO

By Reliable Tuners
Knauss Music Store
Phone 362

Stetson Hats

"THE CRITERION"

Stetson's feature hat for Fall is very popular. As usual we show it in advance of all others. We have all the new colors, also black.

Price \$4.00

Fall Caps

The new Fall Caps are here. Any pattern, any model, any color you may desire can be found in our Big Stock of these new caps.

Price 50c, 75c, \$1.00, \$1.50, \$2.00

ABELL'S

WE SELL GOOD CLOTHING CHEAPER THAN ANY HOUSE IN OKLAHOMA.

ent. Miss Marie Dean is chairman of the year book committee and Mrs. L. A. Hahn was a member of the committee.

L. O. V. Girls Entertained

The L. O. V. girls club was entertained Thursday afternoon by Miss Susie Helton. After two hours of pinwork, light refreshments were served and the remainder of the afternoon spent with conversation and music.

Piano Recital

The following pupils took part in a piano recital at the Hager studio last evening: Ada Miller, Mary Grace Dole, Susie Randall, Mary Purcell, Catherine Kroeger, Thelma Ragland, Maud Walker, Mildred Arrowood, Pauline Hamilton, Edna Pratt, Louise Gregory and George Riker.

FOLEY KIDNEY PILLS

Turn out tomorrow afternoon, help swell the crowd at the automobile races and at the same time help the ladies build their building.

ACTIVITIES OF WOMEN

Miss Flora Sanders an Irish girl, is a sergeant in the Serbian army.

Mrs. Charles E. Hughes is a connoisseur in old engravings and has a taste for music.

Laura Hope Cross, an actress began her career when she was 4 years of age.

A Dayton Ohio, munitions factory employs over 4,000 women who receive the same pay as the men employed in the plant. Some of the women earn as high as \$7 per day.

In Denmark several women are employed as state officials at sea and frequently in the pilot service. They go out and meet incoming vessels, climb nimbly on board and, after showing their official diplomas, steer the newcomer into port.

FOLEY CATHARTIC TABLETS

WANTED—To see you sell it or rent it. Use a Leader "Classy Fide" ad; 2 lines, 3 times, 25 cents

EFFECT OF DRINKING WATER

An analysis of perspiration shows it to be a poisonous nature, as might be expected when one stops to consider that it is composed of water carrying in solution the waste products of the system. If the colon is impacted, as it is apt to be unless one partakes freely of water, the perspiration is apt to be strong and disagreeable, because it must carry off the foul matter that would otherwise be carried off through the bowel. Likewise if sufficient fluids are not partaken of the kidneys are not doing their normal share of carrying off the garbage of the system and as a consequence the perspiration must do extra work and accordingly become strong and disagreeable.

You Will Enjoy Jap Rose the wonderful "Sunday Morning Bath" Soap
Free Sample Dept. 602 Jan 8 Kirk & Co., Chicago, U.S.A.

A Society Debutante Who Is Also a Beauty



Mrs. J. Gordon Harriman, daughter of Mrs. J. Gordon Harriman, who was a member of the Industrial Commission appointed by the President, will be introduced to society in Newport at a dinner to be given by her aunt Mrs. Herbert Harriman.

the cost of running public schools greater. Everything but the wages of the teachers has increased in price.

Logan farmers should raise more sheep. Sheep raising in counties like Logan, where there is plenty of underbrush, has proved to be very profitable.

Dr. and Mrs. L. A. Hahn have returned from a two weeks' sojourn in the mountains of Colorado. They report a delightful trip and an enjoyable time while absent.

SW know a man who is so healthy that he can't bear to wear an open face watch as the very idea of so many hands moving around next to his ribs gives him the giggles.

"My idea of an optimist is the boy fever sufferer who, when his annual symptoms begin to come on, tries to persuade himself that he is only getting pneumonia," said George Greger today.

"I don't want to start any new argument over the question, but one reason why I believe Bacon wrote Shakespeare is because there are so many ham actors playing his," said Walter Warren today.

Blackwell, oil town, is booming. Streets are being paved and hundreds of new buildings are being erected. Three years ago Blackwell was a sleepy little village. Oil is a great tonic to revive dead communities.

Guthrie has two of the best cigar factories in the state, and the cigars manufactured by them are the best on the market. Smoke home made cigars and in doing so, get the best there is besides patronizing home industry.

Over at Enid the city officers enforce the open muffler ordinance, and the nuisance has been abated.

DESPAIRING WOMAN NOW HAPPY MOTHER

Mrs. Stephens Did Not Need The Surgical Operation.



Patoika, Ill.—"I had been married five years and my greatest desire was to become a mother. The doctor said I never would have a child unless I was operated on for female troubles and I had given up all hopes when a friend told me of Lydia E. Pinkham's Vegetable Compound. I took it regularly for some time, and I am in better health than ever, and have a healthy baby girl. I praise my Vegetable Compound for my baby and my better health. I want all suffering women to know that it is the sure road to health and happiness." —Mrs. GEORGE STEPHENS, R. F. D. No. 3, Patoika, Ill.

Lydia E. Pinkham's Vegetable Compound is so successful in overcoming woman's ills because it contains the tonic, strengthening properties of good to health and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strength, curative influence.

It has helped thousands of women who have been troubled with displacements, inflammation, ulcerations, tumors, irregularities, periodic pains, backache, that bearing down feeling, indigestion, and nervous prostration.

THE NEW MILLINERY STORE

117 East Oklahoma Ave.

Every Woman is Thinking Of

Her New Fall Hat

First Showing in the Newest

Millinery Modes for Fall

DATE OF FORMAL OPENING

Will Be Announced Later.

Mrs. Aldean Giles

117 East Oklahoma Ave.

Did it ever occur to you that Pure Olive Oil has wonderful food value.

PAUL PIQUET BRAND

Pint Tins - 45c
Quart Tins - 85c

BURKE'S

Where You Save 20%

"HONEST ABE" ELLIS WEDS

Royal Ellis, eldest son of Hon. A. H. Ellis, was married Saturday at Tulsa. The bride of his choice coming from Toronto, Canada, to cross chances with him.

Mr. Ellis is postmaster at Hayward and he needed someone to help him lick stamps and why he did not put on new trousers and get a suit in America is more than we know, but perhaps he does.

Any way the couple met in Tulsa and not by accident either, were married, and now intend to live happily ever afterward.

When they returned to Hayward the whole town and country for miles around met them at the train, and with the stars and stripes and union jack waving proudly side by side, as the band playing "God Save the Queen" and "America" marched to the town hall where a great feast was spread and a welcome home extended.

It was a great day in Hayward—it was also a great day in the life of Royal Ellis and his bride.

We almost forgot to say the bride's Canadian name was Miss Ella Mora Cook—Marshall Tribune.

Native of Southwestern Europe are said to esteem earthworms as a delicacy.



SOME EXHIBITION! HAVE YOU SEEN IT?

We are having an exhibition of the Fall Stetsons—just received—and this is YOUR invitation to step in and see what's what this season. Above we show the "Criterion," Stetson's feature hat for Fall. It is the one hat selected by Stetsons as the authentic style, made only in the Select Quality and the price—

\$4.00



---AND ABOUT THE \$3.50 STETSON'S

Our exhibition in this grade is especially cram-full of interest. All the latest are present in a wide range of block and color.

Better drop in while the display is richly varied. You're welcome to inspect and you will not be urged to buy.

Gardner & Soehl

The Light of Happiness---

No matter how modest your home you can afford electric lighting. Let us wire your home for electric service.

No trouble for us to give you an estimated cost

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PUBLIC SERVICE CO. OF OKLAHOMA